

The Braybrook and Maidstone Neighbourhood House Inc

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Volunteer profile

Maria Munoz

Maria has been supporting the Braybrook and Maidstone Neighbourhood house for years and is a dedicated and welcoming volunteer that is always greeting people as soon as they arrive, cooking up a storm for the members and making sure people feel welcomed.

Thank you Maria!



Thank you to the volunteers

A big and warm thank you to all the volunteers who volunteer their time and skills to The Braybrook and Maidstone Neighbourhood House. We would not be able to do what we do without the help of our wonderful volunteers and appreciate the dedication our volunteers provide us and the community.

Monday

BMNH Playgroup:

Stop by and join The Braybrook and Maidstone Neighbourhood House playgroup and connect with other mums and bubs. Share a light snack and friendship. Every Monday during school terms 1 & 2, from 10:00 AM until 12:00 PM.

Free Weekly Bread Pick up:

Every Monday there is free loaves of bread and bread rolls donated by Sunshine Bakers Delight. Bread can be picked up from 9:00 AM onwards (until all gone).

Free art classes with Bev:

Join in with Beverly Inch Fine Artist in creating your own pieces of art. Each session will focus on a different area such as:

Workshop 1 – 19th February 2024:

Watercolour gumnuts.

Workshop 2 – 18th March 2024:

Painting without a brush.

Workshop 3 – 22nd of April 2024:

Leaf Printing on cards.

Workshop 4 – 20th of May 2024:

Upcycling old books.

This project is supported through the Maribyrnong City Council Community Grants Program

For bookings please call (03) 9317 5610 or email office@bmnh.org.au

Tuesday:

Emergency Relief Program every Tuesday from 12:00 PM until 3.30 PM. Pick up only. Support for fruit and vegetable boxes can be made by contacting (03) 9317 5610. Frozen meals can also be collected on Mondays and Tuesdays until 3.30 PM.

Scam Awareness session Tuesday the 26th of March 2024 12:00 PM.

Upcoming in April:

SEC Community Lunch – date to be confirmed, please contact us for more information.

Wednesday

Mosaics and craft classes: Learn how to make a piece of art by working with colourful tiles. Mosaics class runs every Wednesday from 10:00 AM until 12:00 PM (school terms only). Cost \$3.

Mental Wellbeing Program with Vonnie:

This program is designed to support you in exploring mindset wellness and supporting a positive mindset through stress management and self-healing techniques.

Free class dates:

February 14th & 28th. March 13th & 27th.
April 10th & 24th. May 8th & 22nd.
June 5th & 19th. July 3rd & 17th.

For bookings please call (03) 9317 5610 or email office@bmnh.org.au

This project is supported through the Maribyrnong City Council Community Grants Program

Clean out clutter workshop:

Attend a workshop that's dedicated to decluttering your home.

Monday the 13th of May at 1.00 PM

This project is supported through the Maribyrnong City Council Community Grants Program

For bookings please call (03) 9317 5610 or email

Thursday:

Drop-in day 9:00 AM – 3:00 PM for support and advocacy.



Volunteering with us

Interested in sharing knowledge and skills?

Our courses are run by volunteers. Why not start up a group? Self-development, art, craft, cooking, computer literacy, gardening, photography, scrapbooking, English, Health and wellbeing, literacy, and numeracy etc. Groups can run once per month, fortnightly, or weekly. Give us a call for further information at (03) 9317 5610. Contact Vivienne if you would like to tutor a program and contribute to your community.

LGBTIQA+ support group

This will be several meetings and an outing will be attached to the program.

Please ring for further information – Dates to be confirmed.

This project is supported through the Maribyrnong City Council Community Grants Program

For bookings please call (03) 9317 5610 or email office@bmnh.org.au

Key dates

Volunteer week May 20th – 26th Community lunch celebrations.

Neighbourhood House Week May 13th – 19th Community lunch celebrations.

Wear it Purple Day

Tuesday the 26th of March is a community BBQ from 12:00 PM to discuss the top ten tips to protect yourself against impersonation scams. Tuesday the 26th of March is also Wear it Purple Day. Wear something or bring something purple to show your support.

Please RSVP by the 22nd of March 2024.
(03) 9317 5610 office@bmnh.org.au

Chatty Café

Weekly from Monday to Wednesday, The Braybrook and Maidstone Neighbourhood house hosts a chatty café where members are welcome to come down, have a cuppa, and have a chat. 10.00 AM until 2.30 PM.

About Nourish meals

The Nourish Project rescues surplus food and transforms this donated food into nutritious meals which are distributed and provided free to those in need. Meals can be collected from The Braybrook and Maidstone Neighbourhood House every Monday from 9:00 AM – 2.00 PM. Contact us for more information on (03) 9317 5610.

Free computer access

10:00 AM – 2:00 PM on Mondays and Tuesday's members are welcome to use tablets.

Scam Awareness

Workshop on 26th of Tuesday, March at 12.00 PM

Today's scams are becoming more and more sophisticated and becoming harder to detect. Scam Watch and Be Connected's partnership with the Australian Government has made a new scam awareness sheet called "Top 10 tips to protect yourself against Impersonation scams". Visit <https://beconnected.esafety.gov.au/topic-library/pages/free-scams-guide> for a free copy guide to detect scams.